

76% of Americans treated for a first stroke have high blood pressure.

69% of Americans who have a first heart attack have high blood pressure.

74% of Americans with congestive heart failure have high blood pressure.

1 in 3 people have high blood pressure.



Could it be you?

Get screened.
Know your numbers.



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Source: American Heart Association
www.heart.org



What does it mean to have high blood pressure?

High blood pressure means the pressure of the blood in your arteries is elevated. High blood pressure or hypertension is diagnosed when your numbers are consistently above 130/90 mm Hg. Ask your healthcare provider to take your blood pressure at every visit!

What do the numbers mean?

A normal blood pressure reading for most adults is **less than 120/80 mm Hg**.

130	mm Hg	The pressure when your heart beats (systolic)
90		The pressure when your heart rests (diastolic)

Book Resources at Your Library

Title	Call Number
Bringing Down High Blood Pressure	616.132 Rhoden
Healthy Eating for Lower Blood Pressure	616.132 Gayler
American Heart Association Complete Guide to Women's Heart Health	616.12 American
American Heart Association Healthy Family Meals	641.5631 American
American Heart Association Low-Salt Cookbook	641.5632 American
Blood Pressure Down: 10-Step Plan to Lower Your Blood Pressure	616.1 Brill
The Blood Pressure Cure	616.132 Kowalski

Blood Pressure Categories

Blood Pressure Category	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
High Blood Pressure (hypertension) stage 1	130–139	or	80–89
High Blood Pressure (hypertension) stage 2	140 or higher	or	90 or higher
Hypertensive Crisis Consult your doctor immediately!	Higher than 180	and/or	higher than 120

Take action against high blood pressure

Get screened.

Make sure you know your numbers.

Know your goal.

Work with your health care provider to figure out your blood pressure goal.

Maintain a healthy weight.

Being overweight or obese can put significant strain on your heart.

Eat healthy meals.

Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Limit saturated fats and sodium.

Don't smoke.

Call the QuitLine at 1-866-SD-QUITS to get help from cessation coaches.

Limit your salt intake.

Salt holds excess fluid in your body and increases blood pressure.

Stay active.

Regular exercise helps control blood pressure, maintain a healthy weight, and reduce stress levels.

Limit alcohol intake.

Drinking too much alcohol can increase your blood pressure and weight.

Take medicine as directed.

Take medicine as directed by your health care provider. Do not stop treatment on your own.

